

THE BEST START

Circle the 5 benefits that have the most meaning to you.

Breastfeeding is good for your baby

- Breastmilk has all the right nutrients your baby needs to grow and be healthy.
- Breastmilk is easy to digest. Your baby's stools will be soft and easy to pass. They will smell better than the stools of formula fed babies.
- Breastmilk protects your baby from germs and illness. Your baby will be sick less and have fewer doctor visits.
- Breastfed babies have fewer ear infections, colds and allergies and less diarrhea.
- Breastfeeding enhances brain development and learning readiness.
- Children who were breastfed are less likely to have diabetes, childhood cancers, rheumatoid arthritis and inflammatory bowel disease.
- Children who were breastfed are less likely to become overweight.

Breastfeeding is good for you

Physical benefits:

- Breastfeeding causes the womb (uterus) to quickly return to the size that it was before you were pregnant.
- Breastfeeding can help you lose weight after your baby is born, if you breastfeed often!
- Breastfeeding helps keep you healthy, lowering your risk of breast and ovarian cancer, osteoporosis, diabetes, and heart disease.



Emotional benefits:

- Women breastfeed their babies because they enjoy it! The hormones that your body makes during breastfeeding help you relax and feel close to your baby.
- Breastfeeding makes moms feel proud. Breastfeeding is a special gift only you can give your baby!
- Breastfeeding creates a special bond between mom and baby.

Convenience:

- Your breastmilk is always ready.
- Nighttime feedings are quick and easy.
- Breastfed babies are easy to take on trips. Just grab the diapers and go!
- Breastfeeding is good for the earth. There is little or no garbage and waste.

Cost benefits:

- Breastmilk is free.
- Moms who breastfeed miss less work caring for sick children and there are less health care costs for baby.
- Moms can get WIC foods for the first year, if eligible.

Breastfeeding is good for your family

Breastfeeding families are happy knowing their babies are getting the best food possible. Babies need lots of love and cuddling from their family, at feeding time and other times.

*Breastfeeding is a special gift only you
can give your baby.*

